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BUT THANKFULLY, THE MOVIES DO. FOREST WHITAKER AND A STERLING CAST SERVE UP A SWEEPING WHITE HOUSE DRAMA

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One for all and all for each other

The Unity Project celebrates 10 years of battling homelessness PAGE 2

The bong side of the law

Seattle cops plan to maintain a heavy presence at Washington's first legal Hempfest — handing out munchies PAGE 8

Putting the 'O' in Forest City

Filming wraps up on To Catch a Killer, a true-crime series based in London and set to debut on the Oprah Winfrey Network PAGE 6

NEWS WORTH SHARING.

All hail the doughnut genius

Sweet smell of success.
London man one of final two in $10,000 Tim Hortons contest

MIKE DONACHIE
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Everybody's good at something.

Some people are great artists, or amazing parents, or top race-car drivers. You might be the best in the world at hitting a high note or wiggling your ears.

Jason Flannery is out to prove he's the best at inventing doughnuts, and it looks as if he might just do it.

The London man, who's a manager at TD Canada Trust downtown, is one of the last two inventors in Tim Hortons' Duelling Donuts contest.

With a $10,000 prize up for grabs, his creation, the Oreo Borealis, has beaten 63,000 other ideas and now just has to beat the Tortoise Torte, dreamed up by Andrew Shepherd of Toronto.

"I love Oreo cookies," Flannery said. "I thought it would be a nice concept to take an Oreo and turn it into a doughnut."

It's hard to disagree.

Flannery certainly has plenty of support, with online voting taking place since Aug. 5. Now there are just two doughnuts left to duke it out, and he'll find out on Monday if he's won. Voting closes on Sunday at duellingdonuts.ca.

The idea of a doughnut dust-up arose when Beverly Hills, 90210 actor Jason Priestley appeared in an episode of the comedy show How I Met Your Mother, and claimed Canadians were defined by their love of Timmies products.

In a fake documentary, the actor claimed to have invented a doughnut called The Priestley, a strawberry-vanilla doughnut with a chocolate Timbit inside.

Tim Hortons made a batch, though they were never sold to the public, and invited Canadians to submit their own ideas for the contest.

"I thought it was pretty easy," said Flannery, who visits Tim Hortons twice a day and says his favourite doughnut is a Boston Cream. "I can do this. I don't cook. I can't bake, but, conceptually, I can come up with a good idea for a doughnut."

Want to try an Oreo Borealis?

Sadly, it doesn't exist and never will unless Flannery wins. Tim Hortons has said it's "expected" the winner will be available in coffee shops across Canada. The second-place contestant gets a $500 gift card.

But what do you do when a doughnut wins you $10,000? It must be tempting to buy $10,000 worth of doughnuts, but Flannery is hoping to pay off some debt and maybe take a vacation.

He does have one bit of fun planned, though.

"All my friends and family are supporting me, so I keep telling them there will be a doughnut party," he said.

The finalists

- **Oreo Borealis**
  - Chocolate doughnut
  - White fondant icing drizzled with chocolate fondant
  - French vanilla filling
  - Topped with Oreo cookie crumbs
- **Tortoise Torte**
  - Doughnut with chocolate fondant icing and caramel stripes
  - Caramel filling
  - Praline pecan topping

Doughnut genius Jason Flannery, creator of the Oreo Borealis, shows his love for baked goods on Thursday. For those who really need to know, that's a chocolate dip he's gnawing on. MIKE DONACHIE/METRO

London's Unity Project is celebrating its 10th anniversary of helping overcome barriers to housing. Metro asked six people what the non-profit has meant for their lives:

COMPILED BY MIKE DONACHIE

"I think if you utilize what they have to offer, you can change your life."

Ryan Karn

"They ... found us an apartment, and we're moving in at the end of the month."

Terri Karn

"They just help you through those rough times here."

Jessica Larusso

"It's just kind of given us that bridge to housing."

Cory Senese

"It's really helped me to get back on my feet."

Laura Hesse

"Somewhere to stay ... somewhere I'm respected."

Josh Wallace

Smile! Unity Project's decade of helping out

$100K makeover. Old East Village homelessness-relief centre celebrates with facelift

MIKE DONACHIE
mike.donachie@metronews.ca

Everybody needs a little help sometimes, and that's where the Unity Project comes in.

For 10 years, it's been battling homelessness by giving shelter to people in times of need.

It celebrated its big milestone with a party on Thursday, with music, cake and the unveiling of an important change — a $100,000 facelift for the Dundas Street building's 1886 Queen Anne style facade.

There were city councillors, board members, staff, volunteers and other supporters, but the centre of attention was 20 or so residents of 717 Dundas St., who are just the latest people to be helped.

In its 3,655 days with a permanent home in Old East, the Unity Project has helped about 5,000 people with temporary accommodations. The people involved over this time were all smiles on Thursday but remembered their rocky start.

"In the eyes of many, we were just a bunch of unruly, idealistic kids," executive director Chuck Lazenby said.

"Being young helped us to take risk, but we were also smart, hard-working and committed to our values of respect, co-operation, interdependence and compassion."

As for that facelift, it has made a once-battered building look bright again.

The money for that came from a variety of supporters, but the campaign was led by dental-industry partners under the banner of London Dental Community Cares.

So they're calling the change the Unity Project's "smile."

Back in the early days

"In the eyes of many, we were just a bunch of unruly, idealistic kids.... Being young helped us to take risk, but we were also smart, hard-working and committed to our values of respect, co-operation, interdependence and compassion."

Executive director Chuck Lazenby

Habitat for Humanity CEO Jeff Duncan, left, with Kevin Hoy of Carpenters Union Local 1946 on Thursday. MIKE DONACHIE/METRO

The carpenters. Get ready to rock for Habitat

The carpenters of London are getting ready to rock the house.

A new link-up with Habitat for Humanity will see the local union fund a series of rock concerts to help the charity. Carpenters Union Local 1946 has pledged $20,000 for the 2013-14 Jeans 'n Classics series at the London Convention Centre.

That will make sure the bills are paid, letting Habitat take proceeds of the concerts and look for corporate sponsorship.

Habitat for Humanity CEO Jeff Duncan said: "We're building a lot of homes right now. We're building five this year.

"Our fundraising goal this year is $50,000, so this event will help us a lot."

The union will also be sending volunteers along to help with the charity's building projects, said local president Kevin Hoy, who called the decision to form the partnership "a no-brainer."

"We've been very active with Habitat for many years," he added. "We plan on being active with Habitat for many years in the future. It's a great cause." MIKE DONACHIE/METRO

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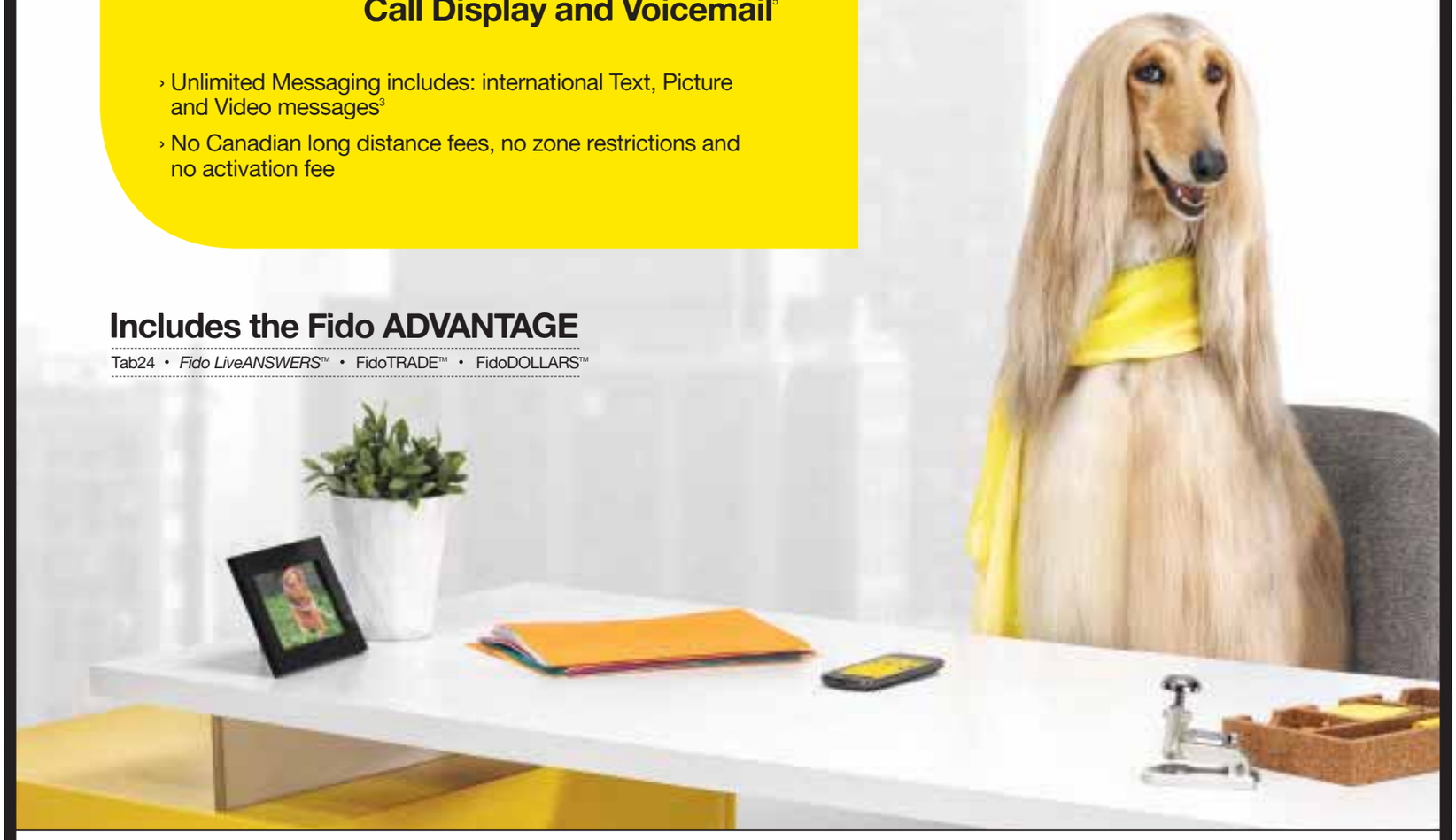

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Bathrobe-style gown.
St. Joseph's turns hospital attire into haute couture

It may never make it to the red carpet in Hollywood, but a designer gown inspired by patients and staff at St. Joseph's Hospital is already a hit with the people who matter the most.

Made specifically for breast-care patients, the bathrobe-style gown was a collaborative effort of St. Joseph's Health Care London and London Hospital Linen Service.

After looking at existing products and finding they didn't fit the needs of both patients and the hospital, the two organizations sat down at the drawing board. The goal was a one-size-fits-all gown that was comfortable, respectful and user-friendly for patients, functional for both surgery consults and breast imaging, and could hold up to repeated laundering without increasing the hospital's laundering costs.

Designed to be worn two different ways to accommodate both mammography and ultrasound scans as well as exams by surgeons, the new gowns are now in use and receiving rave reviews.

Staff at St. Joseph's Hospital model the new gowns designed for breast cancer patients. COURTESY ST. JOSEPH'S HEALTH CARE LONDON

The attire is thicker than the usual hospital garb, said Pauline Bessegato, co-ordinator of breast surgery.

"Denim blue in colour with a pink trim, they are also much more attractive and add a spa-like touch for patients who may be feeling stressed and anxious," she noted.

METRO

Search warrant

Two charged after Rectory Street raid

Gun and drug charges have been laid against two people after police served a search warrant Wednesday on Rectory Street.

Allan Corr, 46, and Lindsay Dubblestyne, 36, both of London, face multiple charges including possessing an unloaded regulated firearm. Corr is also charged with possession of a controlled substance.

During the raid, police seized a 12-gauge shotgun, a single-shot rifle, bear spray and 1.6 grams of crystal methamphetamine valued at $160.

Members of the RCMP assisted London police in the investigation.

METRO

Another school year.
Teachers' unions ready to fight, if necessary

Unions representing public school teachers in Ontario say their members want to avoid labour disruptions during contract talks with the province next year, but warn that they'll stand up for their rights.

Elementary Teachers' Federation of Ontario president Sam Hammond says teachers hope things will go smoothly as students return to school next month, but he says the union will be a "force to be reckoned with" if their rights are attacked during bargaining.

Meanwhile, his counterpart with the high school teachers' union says that while his members are eager to return to work, a "cloud" is hanging over them as only eight school boards have implemented a new agreement they reached with the province.

Ontario Secondary Schools Teachers' Federation president Paul Elliott says morale will take a hit if the agreement isn't put into effect at all boards across the province.

THE CANADIAN PRESS

London Humane Society adoption counsellor Alysha Goencz braces herself Thursday as Puc, 14, moves in for a kiss. Puc is one of the shelter's senior dogs, surrendered when his owner downsized and could no longer care for him. SCOTT TAYLOR/METRO

Aging pets face being homeless

Dire future. As owners downsize, some pets find themselves with no place to go

SCOTT TAYLOR
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As Londoners prepare to celebrate dogs with Saturday's Pawlooza, there's a special sector of the canine world that could use a little extra attention.

Downsizing seniors moving from single-family homes to retirement condos are finding that sometimes their pets aren't as welcome as they are.

London Humane Society executive director Judy Foster said she wouldn't go as far as to describe it as a trend, but she has noticed more older dogs coming to the shelter because seniors are moving into buildings where pets aren't wanted.

"A condo corporation can say that you can't have a pet," she said.

"So you have folks downsizing, and they have to give up their dog.

"It's even tougher on the dog because they've been with the family their entire life, and now they're coming in for rehoming at 12 or 14 years old."

A recent visit to the Humane Society found a 14-year-old Jack Russell terrier who has been given up for just that reason.

Puc is still frisky and affectionate, but the change in his life was no doubt difficult because he'd never known any other place to live than with his master.

Humane Society

- The London Humane Society is a non-profit that operates solely on donations.
- The organization finds homes for dogs, cats and other animals that have been surrendered.
- It also investigates more than 1,000 complaints of animal cruelty each year.

Pawlooza

The weekend is dedicated to your dog

This weekend is going to the dogs.

Pawlooza, billed as the largest one-day gathering of animal-rescue organizations on the continent, is expecting an estimated 25,000 people and 6,000 dogs on Saturday at the Plunkett Estate.

That date, Aug. 17, is symbolic because it's International Homeless Animals Day.

More than 50 rescue organizations will be on hand to show off adoptable animals. Hopefully, they'll find a home for many.

For those thousands of animal lovers bringing their best friends for the day outside, there will be plenty for the dogs and their humans.

Dogs can dive into the water off a dock, go swimming in Pawlooza Pond, run free of their leash in the FunZone, test their agility and even get a reading from a psychic.

Their two-legged pals can get trick and obedience advice, learn about first aid, visit 175 vendors and bid on silent-auction items.

Admission is $10 per vehicle, parking included, and all proceeds go to charity.

Pawlooza runs from 10 a.m. to 6 p.m. Plunkett Estate is at 9282 Elviage Rd. on the city's west side.

Want more Pawlooza? Check pawlooza.com.

SCOTT TAYLOR/METRO

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No Oprah, but cameras rolling in London for her network

True-crime show.
Forest City in focus for new OWN series

SCOTT TAYLOR
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There were no sightings of Oprah in the city over the past two weeks, but a production company shooting a true-crime TV series for the Oprah Winfrey Network (OWN) Canada has been here.

Thursday marked the final day of shooting in London, with cast and crew from To Catch a Killer taking over the central library's London Room.

They've been in and around the city working on an episode that will be broadcast some time late next year.

The woman at the centre of the shot scoured microfilm in the room as lights, cameras and a boom mic caught all the action. An assistant director deferred all questions to an executive producer in Halifax, who just confirmed the series name and the network.

Library spokeswoman Ellen Hobin said the scene being filmed wasn't scripted.

"They're here because they're interested in our resources," she said. "They're actually looking for something, it's not just made up."

Otherwise, Hobin said, it was business as usual at the library. The production company was paying to use its resources because it isn't based in the city.

"The public comes first, but we have these resources for viewing and sharing and they were interested in what we have to offer," she said.

Follow Scott Taylor on Twitter @taylorinlondon

About the show

- The people behind To Catch a Killer aren't spilling many beans about the show at this point.
- According to the production company's website, the series follows Western University professor and police detective Mike Arntfield as he and a squad of civilians investigate unsolved murders in the Toronto area.
- Family and friends of the victims work with the team, which takes on a new case in each episode.

Quoted

"(The cast and crew are) here because they're interested in our resources. They're actually looking for something, it's not just made up."

Library spokeswoman Ellen Hobin, describing the scene filmed Thursday in the central library's London Room that wasn't scripted.

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Rosemarie Pestill and her sons Nick, 9, left, and Bryn, 10, take a break from their lemonade duties on Thursday. The stand was set up downtown in memory of the boys' Uncle Steve. MIKE DONACHIE/METRO

Lemonade for Uncle Steve

A huge artistic project may be taking place downtown, but out in front of it on Thursday there was a smaller, though no less enthusiastic, effort.

Two boys made lemonade, and sold it on the street. That's not so unusual, but these brothers were doing it for a special cause — their Uncle Steve.

Bryn, 10, and Nick Pestill, 9, were close to their uncle, a prominent artist in the city. So, as the mural in his memory takes shape on Dundas Street, they set up their stand to sell lemonade and support the project.

Their mom, Rosemarie, said, "The boys wanted to put in some money but because they don't work they decided this would be a way to raise money to support their uncle's cause."

That uncle was Stephen Watson, who died of cancer in August 2012. The mural, which is taking shape and will be unveiled at a three-day block party over the Labour Day weekend, recreates his last work, Octopus' Garden 2.

Bryan and Nick had made more than $100 by late Thursday afternoon.

MIKE DONACHIE/METRO

$21,000 undecided

Senate mulls more payback for Wallin

The Senate hasn't yet decided whether to order Sen. Pamela Wallin to pay back more money for her travel to so-called "networking events."

But Conservative Sen. Carolyn Stewart Olsen says there are lingering questions about "quite a few" of those claims, which came to nearly $21,000.

"Our committee did review the claims in question and asked Finance to do more research for us," she said in an email on Thursday.

"I do not have an idea of amounts right now. Will probably take some time to sort out."

Some of those networking events include Wallin's meeting with someone from the New York City Ballet; with a Bay Street investor to talk about a business she was about to buy; and with someone to talk about a book project.

THE CANADIAN PRESS

Teens in Rehtaeh Parsons case appear before court

Child-porn allegations. Pair will be back in a month to give attorneys time to review evidence

RUTH DAVENPORT
Metro in Halifax

The two young men facing child pornography-related charges arising from the Rehtaeh Parsons case will return to Halifax youth court in September.

The 18-year-olds were arraigned on Thursday morning, but their lawyers asked for an adjournment, saying they needed time to review the case.

"We've received nothing other than a few bits of disclosure five minutes before we stepped into the courtroom," defence attorney Josh Arnold told reporters after the brief appearance.

Michael Parsons, Rehtaeh Parsons' uncle, believes the two accused should have been charged with manslaughter.
ANDREW VAUGHAN/THE CANADIAN PRESS

Parsons took her own life in April, reportedly after two years of bullying over an alleged sexual assault when she was 15.

The accused were arrested on Aug. 8. One is charged with creating and distributing child pornography. The other faces two charges of distribution.

Parsons' uncle told reporters afterwards he wasn't satisfied with the charges.

"I think they should be charged with manslaughter," said Michael Parsons, who believes the alleged child pornography, distribution and subsequent bullying "caused that much anger within her that she had to take her own life."

Arnold said intense emotion is to be expected but expressed concern regarding the scrutiny surrounding his client.

"It appears that individuals on the Internet and certain members of the media conducted their own one-sided trial," he said.

Arnold said the case would likely be heard by a judge alone, rather than a judge and jury.

Fair-trial rights

"These boys have not been prosecuted in the media.... It was only through the media participation that this case is even being looked at today."

Michael Parsons, uncle of Rehtaeh

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Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

Times are changing: Cops to hand out Doritos at Seattle's Hempfest

Legalization of marijuana. This year's event is 'part victory celebration' after Washington and Colorado reform laws

A few things will be different at this year's Hempfest, the 22-year-old summer "protestival" in Seattle where tens of thousands of people gather to use marijuana openly and listen to music.

It's the first such festival after Washington and Colorado became the first U.S. states to legalize marijuana use by adults over 21. Having won at the state level, speakers will concentrate on the reform of federal marijuana laws, which still treat the drug as illegal.

The Seattle police — who have long been lenient with Hempfest participants — will be busy handing out Doritos chips for snacks.

"I think it's going to be a lot of fun," said Sgt. Sean Whitcomb, department spokesman. "It's meant to be ironic."

The department has affixed labels to 1,000 bags of Doritos urging people to check out an online "Guide to Legal Marijuana Use in Seattle."

Organizers are expecting as many as 85,000 people each day of the three-day event, which begins Friday.

"It's going to be the most interesting Hempfest we've ever had because it's going to be part victory celebration," Hempfest executive director Vivian McPeak said.

McPeak said that to encourage the responsible use of pot, Hempfest will hand out cards with advice prepared by Roger Roffman, a University of Washington School of Social Work professor and marijuana dependence expert.

The cards note that while marijuana is used safely by many people, it can cause short-term memory loss, affect the ability to drive and cause dependence.

"We hope people will take it more seriously coming from us than from a traditional messenger," McPeak said. THE ASSOCIATED PRESS

New pot industry

Officials are still writing rules for the new pot industry, with sales scheduled to begin next year.

- Some wonder if the festival is becoming irrelevant, but organizers argue they still need to change minds nationally, and the festival is a good place to start.

Clay Graeber, 20, of Bothell, Wash., smokes marijuana from a glass bong at the opening day of the pro-marijuana rally Hempfest in Seattle last year. GENE JOHNSON/THE ASSOCIATED PRESS FILE

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The good ninja. Prowler says he only wants to help police catch crooks

Everybody agrees that a 19-year-old Pennsylvania man dressed up as a ninja and lurked near homes, but they disagree whether that's a good idea — or legal.

Todd Kapcsos was in court Wednesday to waive his right to a preliminary hearing on charges of loitering, prowling at night and disorderly conduct.

Police said Kapcsos frightened some elderly residents who saw him sneaking around while carrying a black baseball bat and wearing a hooded sweatshirt, mask and pair of gloves — all of them black.

He contends he was just trying to help police catch bad guys. "I dressed up in all black, snuck around, went through bushes," Kapcsos told WJAC-TV.

He claimed to be practising "ninja moves" including rolling into a ball so he'd appear to be a rock hidden in the shadows.

"There's not enough police officers," he said. "The community should do something rather than sit back."

That night, July 15, neighbour Chris Trevino saw Kapcsos "running like a ninja, not like a normal person jogging. He was going back and forth creeping."

So she called the police.

"The ninja ran across the alley and right into the arms of a police officer," Trevino said.

Kapcsos was lurking in the Moxham section of Johnstown, about 60 miles east of Pittsburgh.

Several high-profile crimes have occurred in the neighbourhood in recent months, including three of the city's five homicides.

The last one occurred Aug. 6 — a stabbing at a car wash — about three weeks after Kapcsos was arrested. THE ASSOCIATED PRESS

Protector or lurker?

"It looked more like he was trying to break into homes, not like he was gonna be a ninja and save the world."

Neighbour Chris Trevino, to WJAC-TV

Indonesia

Russian hiker found alive after missing for 6 days

Searchers in Indonesia have rescued a Russian hiker who was missing for six days while climbing the country's most volatile volcano, an official said.

Yevgeny Luchina, 25, went missing Saturday while climbing the southern side of the 2,968-metre Mount Merapi, a popular site for visitors on the main island of Java. THE ASSOCIATED PRESS

Toronto

Police recover stolen taxi, look for evidence

A stolen taxi officially numbered 666 has been recovered by Toronto police. The ominously registered Co-op taxi was found in Toronto's west end on Wednesday afternoon.

Police were concerned for public safety because of the possibility that the cab was being operated illegally by an unknown driver. THE CANADIAN PRESS

Death toll soars in Egypt as violence spills into 2nd day

Turmoil spreads. Police, churches and government buildings attacked as Muslim Brotherhood calls for mass rally on Friday

Weeping relatives in search of loved ones uncovered the faces of the bloodied, unclaimed dead in a Cairo mosque near the smouldering epicentre of support for ousted president Mohammed Morsi as the death toll soared past 600 Thursday from Egypt's deadliest day since the Arab Spring began.

World condemnation widened for the bloody crackdown Wednesday on Morsi's mostly Islamist supporters, including an angry response from U.S. President Barack Obama.

Quoted

"The nation is on the edge of an abyss."

Fahmy Howeidy, Islamist columnist and author, in Thursday's edition of the independent al-Shorouk newspaper

Violence spread Thursday, with government buildings set afire near the Pyramids, policemen gunned down and scores of Christian churches attacked. As turmoil engulfed the country, the Interior Ministry authorized the use of deadly force against protesters targeting police and state institutions.

The Muslim Brotherhood, trying to regroup after the assault on their encampments and the arrest of many of their leaders, called for a mass rally on Friday in a challenge to the government's declaration of a nationwide state of emergency and a dusk-to-dawn curfew.

At least 638 people were confirmed killed and nearly 4,000 wounded in the violence sparked when riot police, backed by armoured vehicles and bulldozers, smashed the two sit-ins in Cairo where Morsi's mainly Islamist supporters had been camped out for six weeks calling for his reinstatement. It was the deadliest day by far since the 2011 popular uprising that toppled autocratic ruler Hosni Mubarak and plunged the country into more than two years of instability. THE ASSOCIATED PRESS

A man mourns next to the body of a supporter of ousted president Mohammed Morsi at a mosque in Cairo's Nasr City in Egypt Thursday. Authorities significantly raised the death toll from clashes the previous day between police and supporters of the ousted Islamist president, laying bare the extent of the violence that swept much of the country and prompted the government to declare a nationwide state of emergency. AHMED GOMAA/THE ASSOCIATED PRESS

Foreign affairs. Egyptian authorities must 'protect worshippers': Baird

Foreign Affairs Minister John Baird says he's concerned about attacks on religious institutions as deadly violence continues to flare in Egypt.

But so far, Canada has not imposed any sanctions against the interim government in Cairo following a military crackdown against supporters of ousted Egyptian president Mohammed Morsi.

In a statement, Baird and Andrew Bennett, Canada's ambassador for religious freedom, call attacks on Christian churches in Egypt unconscionable, and they say authorities need to protect worshippers.

"We are concerned by recent attacks on religious institutions in Egypt, in particular the unconscionable attacks on Coptic Orthodox and Anglican churches, and on Baptist and Franciscan institutions," the statement reads.

"Attacks on places of worship are unacceptable. Canada calls on Egyptian authorities to protect worshippers and religious sites from violence and intimidation." THE CANADIAN PRESS

John Baird THE CANADIAN PRESS FILE

Obama condemns bloodshed

U.S. President Barack Obama on Thursday cancelled joint military exercises with Egypt next month and said the United States "strongly condemns" the violent crackdown on Muslim Brotherhood protesters that has killed hundreds.

America's traditional cooperation with Egypt "cannot continue as usual while civilians are being killed in the streets," he said.

It was the president's first statement on the rapidly deteriorating situation in Egypt. Obama still did not label the Egyptian military's recent takeover as a coup — a designation that would have forced a cutoff of more than $1 billion US in aid a year.

Speaking from his weeklong vacation in Massachusetts, Obama directed his national security team to see what additional steps the U.S. might take.

"America cannot determine the future of Egypt," Obama said. "That's a task for the Egyptian people. We don't take sides with any particular party or political figure." THE ASSOCIATED PRESS

Obama still not saying 'coup'

Fearing the U.S. might lose leverage with the Egyptian army, Obama has so far refused to call the military takeover a coup. Obama has been criticized for that policy by both opponents and some supporters.

- "We appreciate the complexity of the situation," Obama said Thursday. "While Mohammed Morsi was elected president in a democratic election, his government was not inclusive and did not respect the views of all Egyptians."

U.S. President Barack Obama makes a statement to the media regarding events in Egypt from his vacation home on the island of Martha's Vineyard Thursday. Obama announced that the U.S. is cancelling a joint military exercise with Egypt amid escalating violence. JACQUELYN MARTIN/THE ASSOCIATED PRESS

Walmart

Court won't hear union's appeal

Canada's largest private-sector union has been dealt a blow in its long legal battle with a Walmart store in Saskatchewan. The Supreme Court of Canada will not hear the United Food and Commercial Workers' appeal of decisions by the Saskatchewan Labour Board on the union's accusations of unfair labour practices.
THE CANADIAN PRESS

Real estate

Vancouver, T.O. boast strong resales

Homes were selling at a brisk pace in Vancouver and Toronto last month, while the national average price continued to rise, suggesting Canada's real estate industry has returned to "average levels" after a decline that began last summer. A Canadian Real Estate Association report showed July resales edging up 0.2 per cent from June on a seasonally adjusted basis and up 9.4 per cent from July 2012.
THE CANADIAN PRESS

Market Minute

DOLLAR 97.05¢ (+0.23¢)

TSX 12,704.52 (+65.22)

OIL $107.33 US (+48¢)

GOLD $1,360.90 US (+$27.50)

Natural gas: $3.43 US (+9¢)
Dow Jones: 15,112.19 (-225.47)

Heart-Check label lands Campbell, AHA in hot soup

Product claims. U.S. lawsuit says certification is used on products that run counter to heart association's mission

In this August 2012 file photo, limited-edition Campbell's tomato soup cans with art and sayings by artist Andy Warhol are displayed. The company's Healthy Request soups in the U.S. carry a Heart-Check certification that is at the centre of a new lawsuit. THE ASSOCIATED PRESS FILE

A new lawsuit is contesting the validity of the heart-healthy claims on some cans of Campbell's soups.

At the centre of the U.S. federal lawsuit is the Heart-Check certification by the American Heart Association (AHA), and whether it rightfully conveys that a product carries particular health benefits.

The lawsuit says the non-profit group lets Campbell and other companies use the Heart-Check label on products that run counter to its stated mission, in exchange for fees. The AHA says its goal is to fight cardiovascular diseases and stroke.

To earn its Heart-Check certification, the group's website states that products must have no more than 480 milligrams of sodium per serving. But the website also notes elsewhere that "low sodium" is defined as having 140 milligrams or less per serving, the lawsuit notes.

"The AHA, for a fee, abandons its general, non-commercial dietary and nutritional guidelines," the lawsuit states.

A can of Campbell's Healthy Request condensed Chicken Noodle Soup, which bears the certification mark in question, is listed as having 410 milligrams of sodium per half-cup serving. The lawsuit notes that there are two or more servings per can, meaning there would be at least 820 milligrams of sodium in a can.

A representative for the American Heart Association, Amit Chitre, said in an email that the group doesn't make recommendations on what qualifies as an appropriate level of sodium for an individual serving. The group simply states on its website that people should aim to eat 1,500 mg of sodium or less per day.

The lawsuit states that the AHA's seal of approval misleads people into thinking that products made by Campbell "possess some cardiovascular benefit not enjoyed by products that have not been certified by the AHA." It states the only difference is that Campbell pays money for the certification.
THE ASSOCIATED PRESS

Quoted

"The AHA, for a fee, abandons its general, non-commercial dietary and nutritional guidelines."
A U.S. federal lawsuit that challenges the validity of the Heart-Check label

TV marketing. Board games, beauty products and booze: Downton merch abounds

Michelle Dockery as Lady Mary
THE ASSOCIATED PRESS FILE

Forget Mad Men modernism. This season's style is all about Downton Abbey's Edwardian opulence.

Millions around the world have been seduced by the strait-laced but stylish world of the British historical drama. Soon they'll be able to take some of that style home, getting lips as soft as Lady Mary's, wine inspired by Lord Grantham's favourite tipple and even walls as grey as Mrs. Patmore's kitchen.

Since it premiered in 2010, the series about the family and servants of a grand English house in the 1910s and 1920s has become a television juggernaut, sold to 220 territories around the world.

The program's makers have arguably been slow to exploit the commercial potential of that popularity. But that is about to change. Along with the fourth season starting on British TV next month, and on PBS in January, comes a range of merchandise that includes a board game, homewares, clothes, beauty products and even Downton wine.

"We haven't rushed into it," said executive producer Gareth Neame. "We don't want to carpet bomb the retail sector."
THE ASSOCIATED PRESS

Movies. Drive-in theatres faced with new dilemma: Go digital or go out of business

Through 80 summers, drive-in theatres have managed to remain a part of the American fabric, surviving technological advances and changing tastes that put thousands out of business. Now the industry says a good chunk of the 350 or so left in the U.S. could be forced to turn out the lights because they can't afford to adapt to the digital age.

Movie studios are phasing out 35 mm film prints, and the switch to an eventually all-digital distribution system is pushing the outdoor theatres to make the expensive change to digital projectors.

The United Drive-In Theatre Owners Association figures 50 to 60 theatres have already converted. "Everyone knows eventually that you'll be digital or you'll close your doors," says Walt Effinger, who co-owns the Skyvue Drive-In in Lancaster, Ohio. THE ASSOCIATED PRESS

Costly switch

$70K

The $70,000-plus US investment required per screen to go digital is significant, especially for what is in most places a summertime business kept alive by mom-and-pop operators. Paying for the switch would suck up most owners' profits for years to come.

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SOCIAL MEDIA IS SO DOPE

THE METRO LIST

Neil Morton
metronews.ca

1 Ashton Kutcher. Channelling Steve Jobs, whom he plays in the new biographical drama Jobs, Kutcher gave a rousing speech at the Teen Choice Awards. "Build a life. Don't live one!" he said, adding, "The sexiest thing in the entire world is being really smart. And being thoughtful and generous." Indeed.

2 Shaq holding LiLo. The post-rehab Lohan tweeted out a picture of Shaquille O'Neal holding her in his arms. The photo was well circulated on social media because a) it's Shaq, b) it's LiLo and c) we all love redemption stories. Or d) maybe it's because she's holding two cellphones.

3 Rich Kids Of Beverly Hills. A reality show loosely based on the Tumblr blog Rich Kids of Instagram about the young and beautiful with yacht-loads of dough will be launching on E! It's called Rich Kids of Beverly Hills. If things don't work out in the ratings, I suggest Middle-Aged Dads Of Toronto. We're fun, humble, self-deprecating dudes. Minus the billions to spend.

4 Clive Thompson. The New York-based, Canadian writer's new book, Smarter Than You Think: How Technology is Changing Our Minds for the Better, is out early September. It explores extraordinary people who augment their minds in inventive ways, and how our digital tools are giving us new ways to learn and share ideas. I will live tweet, Facebook, Instagram and Tumblr it while I read it.

5 Hyperloop. The Internet was abuzz this week as entrepreneur/inventor Elon Musk released alpha design plans for his Hyperloop, a high-speed transportation system that will transport people in aluminum pods going up to 1,126 km/h. Boats, planes, automobiles, trains and Segways — those are so 2012.

6 Facebook old school? Mashable posted an op-ed piece by a 13-year-old announcing that teens are turning to the likes of Instagram, Vine and Snapchat for their social networks. FB, it seems, is intrusive and full of snooping parents and grandparents. My teen daughter recently left it, too. The day I start snapchatting her is the day she leaves that, too.

7 Weiner, deflated. BuzzFeed did a live interview with New York mayoral candidate Anthony "Carlos Danger" Weiner, who, instead of doing damage control amidst his latest sexting scandal, bombed, coming across as an awkward, defensive, self-righteous knob with no sense of humour — or a good answer to the question, "Why didn't you use Snapchat?"

8 Gameboy back. A new modern phenomenon, "Gameboy back," has emerged of young gamers suffering from back problems more commonly seen in adults. Seems the effects of bad posture from hunching over game consoles and tablets has lead to a rise in spine curvature. Kids: Stand up, go outside and play. There's a whole other world to discover.

9 Ron Burgundy memoir. The fictional character played by Will Ferrell in the 2004 hit comedy Anchorman will publish a fake memoir titled Let Me Off At The Top!: My Classy Life and Other Musings, on Nov. 19. What a brilliant promo idea leading up to the film sequel Anchorman 2: The Legend Continues, coming out Dec. 20.

10 Man tweets he needs pot. Toronto man Sunith Baheerathan tweeted out he needed weed and York Regional Police chimed in with this gem of a reply: "Awesome! Can we come too? MT @Sunith_DB8R Any dealers in Vaughan wanna make a 20sac chop? Come to Keele/Langstaff Mr. Lube, need a spliff." We're not sure if he got his weed but he's no longer at Mr. Lube.

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ZOOM

Meet the world's newest critter

MARK GURNEY/THE ASSOCIATED PRESS

New species in South America

Imagine a mini-raccoon with a teddy-bear face that is so cute it's hard to resist, let alone overlook. But somehow science did — until now.

Researchers announced Thursday a rare discovery of a new species of mammal called the olinguito. The reddish-brown animal is about two feet long with a long tail and weighs about two pounds.

It belongs to a grouping of large creatures that include dogs, cats and bears.

The critter leaps through the trees of mountainous forests of Ecuador and Colombia at night, according to a Smithsonian researcher who has spent the past decade tracking them.

Outside experts said this discovery is not merely renaming something, but a genuine new species — with three new subspecies — and a significant find, the type that hasn't happened in about 35 years.

THE ASSOCIATED PRESS

Olingos vs. olinguitos

- Olinguitos are smaller, have shorter tails, a rounder face, tinier ears and darker, bushier fur.
- Olinguitos are the smallest member of the raccoon family of mammals.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Aside from campus stations and an adventurous few on the FM dial, radio tends not to be the ideal place to find new music. So nuts to radio! Allow these Canadian music blogs to guide you toward goodness instead.

ISTOCK

Silent Shout

A particular penchant for spooky electronic music ensures daily visits are richly rewarded. You'll definitely come across some weird and bracing stuff here, but there's plenty of pop sugar to wash it down with. (silentshout.ca)

Grayowl Point

Devoted to Canada's burgeoning crop of indie acts, Grayowl Point is one of your best sources for an early tip on a rising act playing some small room in your city. (grayowlpoint.com)

Weird Canada

Even if the good people at WC stuck to covering hits radio, the descriptions are so beautifully written I'd swing by anyway. But of course hit radio isn't Weird Canada's bag. Instead they delve deep into new Canadian music while also digging up gems from the past. (weirdcanada.com)

Twitter

@metropicks asked: A 'ninja' is prowling a U.S. city trying to catch bad guys. What would you do if you saw a ninja?

@Simpson957: That's ridiculous. If you can see the ninja, it's not really a ninja.

@FrenchmanCanada: I would look for the other 2

@WilsonKM2: Nothing. If you can see a ninja, it's already too late for you.

@Bye_Dogma: I'd wonder how Halloween snuck up on my calendar so fast.

@xKnoxxx: If you see a Ninja you won't live to tell about it. Your question is null and void.

@thingleaderof5: umm I'd BEHAVE... And duck... Just in case.

@Jake_Alberts: you don't see real ninjas. Obviously a fake. I would probably laugh at him/her

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

metro

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SCENE 2

Forest Whitaker gives a stirring performance as the man behind the men in The Butler. CONTRIBUTED

The Butler did it, with his son, in the White House

Movie review.
Forest Whitaker's performance, coupled with David Oyelowo's work, keep historical drama from slipping into melodrama

Richard: Steve, at the centre of The Butler is Forest Whitaker's remarkable performance, which skillfully tempers the film's tendency to veer into melodrama. He's a dignified presence throughout, in a quiet performance that allows the character's inner life to shine through. It's all about the details. The way he strokes the tie Jackie Kennedy gave him after JFK's assassination. The pained looked in his eye as he kicks his son out of the White House. They are small moments that cut through the movie's sweeping story, keeping the whole thing grounded.

Steve: It's a nuanced performance that definitely helps counterbalance what could've become a melodramatic civil rights morality tale. Not only that, but it's powerful because Whitaker and director Lee Daniels allow us to see racism as an institutionalized issue whereas most films on the topic simply personalize it. As strong as the huge ensemble cast is though, there are a few distracting duds. Besides sporting a waxy Pinocchio-like proboscis, was John Cusack even trying to portray Richard Nixon?

RC: It's almost as if Cusack is doing an impression of someone doing an impression of Nixon. Perhaps they should have pulled Rich Little out of retirement to do the role. Nonetheless, Cusack does capture some of Tricky Dick's oily desperation, but it is a surreal performance overall. The casting of the other presidents — Robin Williams as Eisenhower, James Marsden as JFK, Liev Schreiber as Johnson, and Alan Rickman as Reagan — feels stunty, but director Lee Daniels realizes the story isn't theirs to tell and wisely keeps the focus on Gaines and family to tell this story. I thought David Oyelowo was terrific. You?

SG: I thought Oyelowo pretty much stole the show — not easy considering he's opposite the likes of Whitaker and Oprah and plays the range of a butler's disgruntled teenaged son-turned civil rights radical to middle-aged Obama supporter. More to the point, Daniels' may be most successful exploring the strained relationship between him and his straitlaced father.

RC: Their strained relationship was pushed to the limit by the tone of the times. The overall timeline will be familiar to anyone who's ever watched the History Channel, but The Butler recounts the turbulent times through one man's deeply divided family, bringing the story home with simple, first person storytelling.

SG: To that end, Daniels surely deserves some recognition. After all, it's probably impossible to effectively wedge the civil rights issue into a two hour movie. At least The Butler allows for a fascinating perspective.

Synopsis

"You hear nothing. You see nothing. You only serve." Those are the words of advice given to former plantation worker Cecil Gaines (Forest Whitaker), on his first day as a butler at the White House. For the next three decades he was a witness to history, serving eight presidents during the stormiest days of America's history. Gaines turns away, but his son Louis (David Oyelowo) becomes involved with the Freedom Riders and later with the Black Panthers. Father and son don't see eye-to-eye despite mother Gloria's (Oprah Winfrey) best efforts to unite them. Steve Gow takes over for Reel Guy Mark Breslin.

- Richard: ●●●●○
- Mark: ●●●●○

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

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Fun for film buffs

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Kris Abel
@RealKrisAbel
scene@metronews.ca

$13.99
Both animated characters and physical objects are magically brought to life in this interactive encyclopedia that travels a timeline of Disney's films while giving you tools to learn their craft.

Biography/Drama

Jobs

Director. Joshua Michael Stern

Stars. Ashton Kutcher, Dermot Mulroney

Jobs takes us from Steve Jobs' (Ashton Kutcher) Paulo Alto, Calif., days where he and his friends redefined the way people interact with technology, through to his rise and fall as Apple's CEO and on to his eventual redemption. Serving as a reminder of how rare it is to find an extraordinary film about an extraordinary person, the movie isn't innovative or bold enough to be memorable. Perhaps it's because it's hard to take Kutcher seriously in the role of a visionary, but Jobs feels better suited to TV than the big screen.

RICHARD CROUSE

Thriller

Paranoia

Director. Robert Luketic

Stars. Liam Hemsworth, Gary Oldman, Amber Heard

A thriller with precious few thrills, Paranoia promises edge-of-your-seat espionage drama, but flatlines from the start. Liam Hemsworth does the best he can with a stale script, and the Gary Oldman/Harrison Ford duo manage to occasionally defibrillate some life into the film with their verbal swordplay — but there's just not enough of it. The story is about as believable as a pro wrestling match, and with no real surprise twists or turns, the first time watching Paranoia feels like the 50th.

COLIN MCNEIL

Action/Comedy

Kick-Ass 2

Director. Jeff Wadlow

Stars. Aaron Taylor-Johnson, Chloe Grace-Moretz, Jim Carrey

Kick-Ass wants to take a bigger bite out of crime, while his would-be partner, 15-year-old Hit-Girl, just wants to be a teenager. It's that second part where this sequel finds its legs, pitting Mindy, Hit-Girl's alter-ego, against a group of high school mean girls. Meanwhile Kick-Ass befriends a team of amateur heroes led by a brilliantly unhinged Jim Carrey. But the real conflict comes from a group of super villains who have set their sights on Kick-Ass. The resulting build to the climatic final battle is the movie's lone rough patch.

IAN GORMELY

Comedy

I'm So Excited

Director. Pedro Almodovar

Stars. Javier Camara, Cecilia Roth

Possessing a terribly incongruous mix of tones, I'm So Excited feels like a rare misstep for feted Spanish filmmaker Pedro Almodovar. A malfunction puts a passenger plane in jeopardy as it prepares for an emergency landing. Inside a trio of campy male flight attendants do their best to put all at ease, often through drink and drugs. At first the bawdy one-liners are a refreshing change from Hollywood's recent parade of awkward, mean-spirited comedy. But the jokes and the sexual innuendo soon grow thin.

IAN GORMELY

Simon Pegg loves to be that annoying guy

The World's End.
Actor wanted his character to be 'maddening'

NED EHRBAR
Metro World News in Hollywood

For the finale in director Edgar Wright's Cornetto Trilogy — following Shaun of the Dead and Hot Fuzz — actor and co-writer Simon Pegg wanted to play something other than the nice guy. Enter the loud-mouthed, stuck-in-the-past Gary King (Pegg), who reunites his reluctant high school chums for a night of binge-drinking and nostalgia in The World's End. While Gary is very much the hero of the film, he's not exactly likeable, and that's entirely by design, according to Pegg.

"Selfishly, I wanted to be the overtly comic one in this," Pegg says. "And I wanted to make Gary as maddening and irritating and difficult to like as possible because I knew ultimately there was an excuse for it. And also, it's just a lot of fun to be such a d—. As an actor, it's a gift."

Gary was very much the top dog in high school, leading around his pals (played as adults by Nick Frost, Martin Freeman, Paddy Considine and Eddie Marsan) with little regard for how his future might play out. "I knew guys like that who were the absolute most popular boy. They were the best looking, they were in a band, they were the lead singer of that band, they got all the girls and then they never quite moved on past that," Pegg says.

"That glory was so intense that anything that came subsequently was unfulfilling and that ate away at them so that they started to live in the past and then eventually just became shadows of who they were in every way, all their potential all lost. And it's really sad. I wanted Gary to be at once maddening and lovable and d—ish."

Quite a tall order for the protagonist of a film. But then Pegg and Wright, as much as they revel in genre conventions in their comedies, are always looking to subvert mainstream expectations. That includes — not to give too much away — the ending of the World's End, something Pegg sees as an antidote to the barrage of Hollywood endings. "I think the re-establishment of the status quo is a device which might anesthetize audiences a bit, might make them feel a bit nice when they leave the theater, but ultimately it makes you forget the film," he says.

"When we go to the movies often, we see normality and then we see it disrupted, then we see it return to normal and that's why we leave kind of thinking, 'Oh, that was nice.' When in actual fact, sometimes it's good to upset the status quo completely and leave it undone. I think it's more challenging to an audience to not give them necessarily what their comfort zone wants."

Comics = control?

A self-proclaimed geek and long-time comics fan, Simon Pegg feels right at home at San Diego Comic-Con, where he and Edgar Wright brought The World's End for an early North American unveiling. But given how much Comic-Con and the popular culture it celebrates have come to dominate the entertainment industry, Pegg has to admit he's a bit worried. "I read an essay on America by Jean Baudrillard when I was at university and it was all about the infantilization of society and about how we are kept young by being fed ... arguably juvenile stuff," he says. "It keeps us young because it keeps us in touch with our childhood, makes us more pliable, makes us a bit easier to control."

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Boy meets world. Jamie Campbell Bower makes the most of a press tour

Jamie Campbell Bower, right, is on a whirlwind press tour. CONTRIBUTED

Jamie Campbell Bower is no stranger to movies based on wildly successful book series, having popped up in the Harry Potter and Twilight worlds, but with Mortal Instruments: City of Bones, he's putting in more hours — and getting more camera time — than before as Jace Wayland, a half-angel demon-hunter and love interest for Clary Fray (Lily Collins) in the franchise's first instalment. That means he's also up for far more time publicizing the film, as he's learned on his seven-week international press tour.

You've been on a seven-week press tour. Have you defaulted to just going wherever people tell you to at this point without asking too many questions?

It's sort of what I do for a living, as well. I'm told what to say and where to stand, so my life's pretty easy. Ninety-nine per cent of my job is just turning up.

You don't get much time in all those countries, though, do you?

No. Someone said, "What are you going to do in Oslo?" And I was like, probably do some interviews and see the inside of a hotel, do the premiere and then f— off. That's about as much as I'm going to be able to do.

If you magically have time to relax on a tour stop, what's the first thing you do?

Try the local food, get out of bed. (In the past, when) I got somewhere I would just get into bed and pass out no matter what time it was because I'd be tired, but you don't have to do that. You can pull yourself out and just walk around. Take pictures, do something unexpected.

Surely you're used to the rabidity of fans for this kind of franchise by now.

Well … the word fan is an abbreviation of the word fanatic (laughs). Look, I'm really aware and I'm really grateful for the fact that without the people who read the books, I wouldn't be sitting here talking to you. So they deserve my time. They deserve five minutes if they come up to me on the street, they deserve five minutes if I'm doing a signing or just to say hi. I think that's a really important lesson to be aware of. NED EHRBAR/MWN

THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 16 TO THURS., AUG. 22 TIMES ARE SUBJECT TO CHANGE.

Mustang Drive-In -London
2551 Wilton Grove Rd.

Grown Ups 2 (PG) Fri-Thu 10:40
Kick-Ass 2 (14A) Fri-Thu 9
The Smurfs 2 (G) Fri-Thu 8:55
This Is the End (18A) Fri-Sat 12:20
We're the Millers (14A) Fri-Thu 10:45

Hyland Cinema
240 Wharncliffe Road South

I'm So Excited! (14A) Fri 7 Sat-Sun 9 Mon 3 Tue 9 Wed 1 Thu 9
The Kings of Summer (14A) Fri 5-9 Sat 5 Sun 1-7 Mon 5-9 Tue 3 Wed 7:05 Thu 1
Unfinished Song (PG) Fri 1 Sat 1-7:05 Sun 5 Mon 1 Tue 1-7:05 Wed 3 Thu 3-7:05
The Way Way Back (PG) Fri-Sun 3 Mon 7 Tue 5 Wed 5-9 Thu 5

Rainbow Cinemas London
355 Wellington St.

2 Guns (14A) Fri-Tue 3:35-9:40
Elysium (14A) Fri-Thu 1:05-3:40-7:05-9:30
Kick-Ass 2 (14A) Fri-Thu 1:25-3:45-7:10-9:35
The Mortal Instruments: City of Bones (PG) Wed-Thu 12:55-3:55-7-9:40
Percy Jackson: Sea of Monsters (PG) No Passes Fri-Thu 1:20-3:50-7:20-9:45
Planes (G) No Passes Fri-Thu 1:15-3:30-7:15-9:25
The Smurfs 2 (G) Fri-Thu 1-3:20-6:55-9:15
We're the Millers (14A) No Passes Fri-Thu 1:10-3:35-7:20-9:40
The Wolverine (PG) Fri-Tue 12:55-7
Western Film

Western Film
Room 340, UCC Building, Argo (14A) Fri-Thu 9:50

Monsters University (G) Fri 7 Sat-Sun 2-4:10-7 Mon-Thu 7
White House Down (PG) Fri-Thu 9:10

Wellington 8 Cinemas
983 Wellington Rd. S,

2 Guns (14A) Fri-Tue 9:20
The Conjuring (14A) Fri-Sun 12:30-3:30-6:30-9:30 Mon-Wed 2:30-6:30-9:30 Thu 2:30-6:30
Elysium (14A) Fri-Sun 1:15-4:10-7:20-10 Mon-Thu 3:40-7:20-10
Kick-Ass 2 (14A) Fri-Sun 12:40-3:20-7-9:45 Mon-Thu 3:10-7-9:45
The Mortal Instruments: City of Bones (PG) Wed-Thu 2:40-6:40-9:45
Paranoia (PG) Fri-Sun 12:50-3:50-7:10-9:50 Mon-Thu 3:20-7:10-9:50
Percy Jackson: Sea of Monsters (PG) Fri-Sun 12:45-6:50 Mon-Thu 6:50
Percy Jackson: Sea of Monsters 3D (PG) Fri-Sun 3:40-9:40 Mon-Thu 3-9:40
Planes (G) Fri-Sun 1:10-6:45 Mon-Thu 6:45

Matt Damon stars in Elysium. CONTRIBUTED

Planes 3D (STC) Fri-Sun 3:45-9:15 Mon-Thu 2:50-9:15
The Smurfs 2 (G) Fri-Sun 1-6:40 Mon-Tue 6:40
The Smurfs 2 3D (G) Fri-Sun 4 Mon-Tue 2:40
We're the Millers (14A) Fri-Sun 1:20-4:15-7:15-9:55 Mon-Thu 3:30-7:15-9:55
You're Next (14A) Thu 10

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2 Guns (14A) Fri-Sun 1-4-7:15-9:55 Mon-Thu 1:15-4:15-6:50-9:50
Elysium (14A) Fri-Sun 12-2:40-5:15-8:05-10:40 Mon-Thu 2-4:45-7:30-10:10 Fri-Sun 1:50-4:50-7:50-10:40 Mon-Thu 4:40-7:40-10:20
Kick-Ass 2 (14A) No Passes Fri-Sun 12:15-2:50-5:25-8-10:35 No Passes Mon-Thu 2:15-5-7:40-10:15
Lee Daniels' The Butler (14A) Fri-Sun 12:45-3:45-6:45-9:45 Mon-Thu 1-4-7-10 Fri-Sun 1-4-6:55-10 Mon-Thu 3:40-6:40-9:40
The Mortal Instruments: City of Bones (PG) No Passes Wed-Thu 1:20-4:20-7:20-10:20
Percy Jackson: Sea of Monsters (PG) Fri-Sun 12:10 Mon-Thu 1:40
Percy Jackson: Sea of Monsters 3D (PG) Fri-Sun 2:35-5:05-7:45-10:25 Mon-Thu 4:30-7:20-10
Planes (G) Fri-Sun 12:10-2:35 Mon-Thu 1-3:25
Planes 3D (STC) Fri-Sun 5:05-7:30-9:50 Mon-Thu 5:40-8-10:20
The Smurfs 2 (G) Fri-Sun 12 Mon-Tue 1:30
The Smurfs 2 3D (G) Fri-Sun 2:40-5:15-7:45 Mon-Tue 4:20-7:10
We're the Millers (14A) Fri-Sun 1:15-4:15-7-10:05 Mon-Tue 1:50-4:40-7:40-10:20 Wed 4:40-7:40-10:20 Thu 1:50-4:40-7:40-10:20 Fri-Sun 1:20-4:20-7:20-10:20 Mon-Thu 4:10-7:10-10:10 Star & Strollers Screening Wed 1
The Wolverine 3D (PG) Fri-Sun 10:20 Mon-Tue 9:40

SilverCity London
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2 Guns (14A) Fri-Sat 1:40-4:35-7:25-10 Sun 1:40-4:35-7:50-10:40 Mon-Wed 1:40-4:35-7:25-10 Thu 1:40-4:35-10
The Conjuring (14A) Fri-Sat 12:05-2:45-5:20-8:10-10:50 Sun 12:05-2:45-5:20-10:30 Mon 1:35-4:20-7:10-9:55 Tue 1:35-4:20-7:50-10:20 Wed 1:35-4:20-6:50 Thu 1:35-4:20-7:10-9:55
Despicable Me 2 (G) Fri 12:20-2:40-5-7:35 Sat 11:05-12:20-2:40-5-7:35 Sun 12:20-2:40-5-7:35 Mon-Thu 1:30-4-6:55
Elysium (14A) Wed-Thu 1:10-4:15-7:15-10:05
Elysium: The IMAX Experience (14A) Fri-Sat 12-2:40-5:20-8:05-10:45 Sun 12-2:40-5:20-8:05-10:35 Mon-Tue 1:10-4:15-7:15-10:05
Grown Ups 2 (PG) Fri-Sun 10:10 Mon-Thu 9:30
The Heat (14A) Fri-Sun 10:05 Mon-Thu 9:40
Jobs (14A) Fri-Sun 1:15-4:20-7:15-10:40 Mon-Tue 1:15-4:05-7-10:10 Wed 4:05-7-10:10 Thu 1:15-4:05-7-10:10 Star & Strollers Screening Wed 1
Kick-Ass 2 (14A) No Passes Fri-Sun 12:15-2:50-5:25-8-10:35 No Passes Mon-Thu 2:15-5-7:40-10:15
The Mortal Instruments: City of Bones — The IMAX Experience (PG) No Passes Wed-Thu 1:45-4:45-7:45-10:45
National Theatre Live: The Audience Encore (STC) Thu 7
Paranoia (PG) Fri-Sun 12-2:30-5:10-7:45-10:20 Mon 1:45-4:40-7:30-10:20 Tue 1:45-4:40-7:45-10:30 Wed 1:45-4:40-7:30-10:35 Thu 1:25-4:10-7:10-10:35
Percy Jackson: Sea of Monsters (PG) Fri-Sun 11:55 Mon-Thu 1:25
Percy Jackson: Sea of Monsters 3D (PG) Fri-Sun 2:35-5:05-7:55-10:30 Mon-Wed 4:30-7:05-9:45 Thu 4:30-7:20-9:50
Planes (G) Fri-Sun 12:10-2:35 Mon-Thu 1:20
Planes 3D (STC) Fri-Sun 5:05-7:30-9:50 Mon-Thu 3:50-7:05-9:20
Serenity (14A) Wed 9:30
The Smurfs 2 (G) Fri-Sun 11:55 Mon-Thu 1:20
The Smurfs 2 3D (G) Fri-Sun 2:25-5:15-7:40 Mon-Thu 3:40-6:50
The Spiderwick Chronicles (PG) Sat 11
We're the Millers (14A) Fri 2:10-4:55-7:40-10:25 Sat 11:40-2:10-4:55-7:40-10:25 Sun 2:10-4:55-7:40-10:25 Mon-Tue 1:50-4:25-7:15-10:10 Wed-Thu 1:50-4:25-7:35-10:25
The Wolverine 3D (PG) Fri 1:10-4:15-7:50-10:40 Sat 11:10-1:50-4:50-7:50-10:40 Sun 1:10-4:15-7:50 Mon 1:10-3:55-7:20-10:20 Tue 1:10-3:55-7:20-10:25
WWE: Summerslam - 2013 (STC) Sun 8

Ke$ha concert too hot for some fans

Pop star. The outrageous starlet drew criticism after a recent all-ages show was deemed too provocative

LUKE SIMCOE
Metro Online

A Ke$ha show in Windsor has received some backlash from parents who felt the all-ages tag was inappropriate. GETTY IMAGES

Caesars Windsor is defending last weekend's Ke$ha concert, even though some felt the performance featured a little too much, "Blah Blah Blah."

Ke$ha's sold-out show included inflatable women's legs, ample profanity and requests to "stick it" in the singer's vagina. Midway through the set, parents could be seen leaving the venue with their kids in tow.

Others took to Facebook to question why the show was deemed all ages in the first place.

"My fiancée and I were at this show and almost all other shows put on at Caesars. This is by far the worst and I was offended as an adult. Have some class people," wrote Alan Prince on Facebook.

"This was def(initely) too adult for my daughter," wrote Susanne Bergeron. "Ke$ha's 'balls' discussion was a prime example of something that isn't all ages."

The venue has shot back, saying parents should be aware of what their children are listening to.

"We appreciate that Ke$ha's show may be offensive to some, which is why signage was prominently posted to caution the audience," Caesars posted on its Facebook page. "It is ultimately up to concert attendees to review an artist's material before purchasing tickets so that they may make their own informed decision on what is age appropriate, as this is subjective. What may be offensive to some is acceptable and enjoyable by others."

A number of commenters on Facebook agreed with the casino.

"Parents should have done their homework before bringing nine-year-olds," said Rebecca Rospond.

Lap up these lyrics

SOUND CHECK
Alan Cross
scene@metronews.ca

A little singing followed by some gurning and parasailing. You read that right.

Why'd You Only Call Me When You're High?/Arctic Monkeys

The Monkeys' Alex Turner has an amazing knack for writing plain-speaking conversational lyrics. This track is from the band's upcoming fifth album, AM (Sept 9).

Synth Gurning/Vince Clarke

Vince — one-half of Erasure and former Depeche Mode man — is looking for fans to make synthesizer sounds with their mouths for some kind of future project. Watch him demonstrate.

Parasailing/Chris Hau

First Chris showed it was possible to sing, play guitar and surf at the same time. (Take that, Jack Johnson!) For his next trick, he performs while parasailing at a height of 400 feet.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Young and carefree: The WWE's first openly gay wrestler

MELINDA TAUB
Metro World News in New York City

Professional wrestling doesn't get a whole lot of ink around the ol' Word, because wrestlers, as a rule, neither party with Justin Bieber nor appear naked on Game of Thrones (although they're more than welcome to do either). But this story is too sweet not to share. TMZ caught up with WWE superstar Darren Young and asked him if he thought a gay wrestler could make it in the WWE. Young — who was remarkably good-natured about the whole thing, given that TMZ apparently ran him down at the baggage carousel in LAX — replied, "Absolutely. Look at me. I'm a WWE superstar and to be honest with you, I'll tell you right now, I'm gay. And I'm happy. I'm very happy." Young seemed utterly cheerful about his revelation. "I just don't think it matters. Does it matter to you?" he asked his interviewer, who responded, "Not one iota." The WWE superstar added that he's not worried about how his revelation will be received in the wrestling world. "I'm happy with myself. Some people might not like it, some people will like it," he shrugged. Young is the first openly gay WWE wrestler, and the first ever pro wrestler to come out while signed to a major promotion.

Robert Pattinson ALL IMAGES GETTY, EXCEPT YOUNG: CONTRIBUTED

Pattinson moves on by moving into new mansion

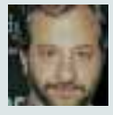
Robert Pattinson has some comfortable new digs. The actor — who previously shared a home with ex-girlfriend Kristen Stewart — is reportedly renting a swanky mansion in a gated community in Beverly Hills, according to E! News. The Mediterranean-style home is estimated to be worth $3.5 million. "It's very beautiful, but it does not have a lot of furniture. You can tell he has not lived there for very long," a source says. "It is very sparse right now."

Simon Cowell

Divorce finalized by alleged mom of Cowell's baby

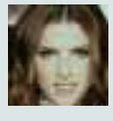
Lauren Silverman, the woman reportedly pregnant with Simon Cowell's child, has finally reached a divorce settlement with her husband, Andrew Silverman, according to TMZ. The couple has agreed to joint custody of their seven-year-old son, and Lauren stands to get a little more than $2 million. "As I've said all along, my priority was resolving this quickly for the sake of our son," Andrew says in a statement. "Lauren and I both love him very much and I'm looking forward to starting a new chapter in our lives."

Twitter



@JuddApatow
I am all for the Olympic boycott. For lots of reasons. I would have boycotted China too. Bad people don't deserve ski races.

@GarryShandling
Anyone old enough to remember, "Call Me, Maybe"? I was just sitting here, missing it, sort of singing it to myself.



@AnnaKendrick47
just saw a horse rolling around in a field like a damn puppy. I am convinced I will never see anything better as long as I live.

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PRESENTS THE 2013 - 2014 SEASON
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THE WOMAN IN BLACK
By Stephen Malatratt
October 24th - November 2nd
A Christmas Carol
By Michael Shamata
from the novel by Charles Dickens
December 12th*21st
YOU CAN'T TAKE IT WITH YOU
By George S. Kaufman and Moss Hart
January 21 - February 1st
Queen Milli of Galt
by Gary Kirkham
May 15th - 24th
The Glass Menagerie
By Tennessee Williams
June 19th - 28th
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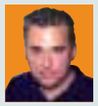
Liquid Assets

Calling all coffee lovers



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Pairing wine with a great meal is one of life's simple pleasures. While most will agree, I bet the majority of you typically enjoy your vino as a standalone experience.

Winemakers know this, and have been steering a lot of their juice in a direction that tastes best sipped over casual conversation.

South Africa, long a producer of unique, value-oriented liquid, has been at the forefront of the wine-as-a-cocktail trend; riding the wave by taking advantage of the distinctive personalities imparted into its wine by an exotic terroir and the utilization of oak to create unconventional flavours.

The pinotage grape has been South Africa's superstar for decades. It's always made laid-back wines but, with innovative barrel aging, some can take on the dominating expression of chocolate and coffee.

The Grinder 2012 Pinotage ($13.95 - $14.99) is java goodness in a glass, with balanced tannins, a ripe core of wild berry fruit and soft mocha finish. Definitely drinkable on its own, it's a perfect match with grilled meats and chocolaty desserts. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

This recipe serves 16. COURTESY ROSE REISMAN

Best of both worlds

Chocolate Brownie Banana Cake with Cream Cheese Frosting.

Combine the classics

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

1. Preheat the oven to 350 F (175 C). Lightly coat a 9-inch (22 cm) square baking pan with cooking spray.

2. To make the brownie cake: Combine the sugar, oil, egg and vanilla in a bowl until well mixed. Add the cocoa and mix well. Add the flour, baking powder, yogurt and chocolate chips, mixing just until combined and smooth. Don't overmix. Pour the batter into the pan and gently spread.

3. To make the banana cake: Combine the sugar, oil, egg, vanilla and banana in a bowl until well mixed. Add the yogurt, flour, baking powder and baking soda. Mix until just combined. Pour over the brownie cake and with a wet knife spread to cover brownie

4. Bake 25 minutes or just until a tester comes out dry.

5. To make the icing: Blend all the icing ingredients in a blender or food processor until smooth. If too thick, add a few drops of water. Spread on the cake once cool, and serve.

Ingredients

Brownie Cake
- 2/3 cup granulated sugar
- 1/4 cup vegetable oil
- 1 egg
- 1 tsp vanilla extract
- 1/3 cup unsweetened cocoa powder
- 1/3 cup all-purpose flour
- 1 tsp baking powder
- 1/4 cup 2% plain yogurt (or 3% sour cream)
- 1/4 cup semisweet chocolate chips

Banana Cake
- 1/2 cup granulated sugar
- 3 tbsp vegetable oil
- 1 egg
- 1 tsp vanilla extract
- 1 large ripe banana, mashed
- 3 tbsp 2% plain yogurt
- 3/4 cup all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda

Icing
- 1/4 cup softened light cream cheese (about 2 oz/60 g)
- 2/3 cup icing sugar
- 1 1/2 tsp cocoa powder

Pucker up for Lemon Cheesecake

ROSE REISMAN
rosereisman.com

1. Preheat oven to 350 F. Spray a 9-inch square baking dish with vegetable oil. Mix all of the ingredients for the crust in bowl until the mixture comes together. Add more water if necessary. Pat the mixture into bottom of pan.

2. Place all ingredients for cheesecake in bowl of food processor and mix until smooth. Pour over crust and bake for 25 minutes or just until centre is almost set. Cool, then refrigerate. Cut into 12 squares. Garnish with berries and lemon zest.

Ingredients

Crust
- 1 1/2 cups graham crumbs
- 2 tbsp vegetable oil
- 2 tbsp granulated sugar
- 1 tbsp water

Cheesecake
- 1 lb light cream cheese
- 1/2 cup low fat sour cream
- 2 eggs
- 2 tsp grated lemon zest
- 3 tbsp lemon juice (or to taste)
- 3 tbsp flour
- 1 cup sugar

Garnish (optional)
- Fresh berries, lemon zest and mint leaves

This recipe makes enough for 12 cheesecake squares. COURTESY JEFF DE VERA

Think outside the glass for a pleasant surprise. ISTOCK

Only a beer bro? Wild for just wine? Break out!

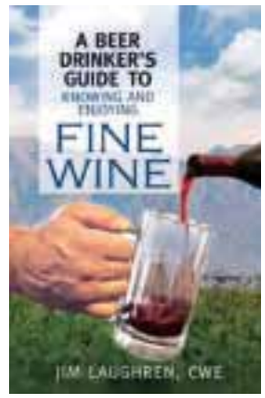
Book. Go on, order that drink you're "too good" for. You might just have your mind blown.

ALISON BOWEN
Metro World News in New York

Wine drinkers might turn up their noses at a cold can of beer. And beer drinkers might have zero interest in a tall glass of cabernet.

But this can change, promises certified wine educator Jim Laughren. Constantly asked by women how to interest boyfriends and husbands in opening a great bottle of wine instead of cracking a beer at the end of a long day, he authored A Beer Drinker's Guide to Knowing and Enjoying Fine Wine.

He is sure the two drinking camps have something in common. "Wine drinkers can be just as bad as beer drinkers in their reluctance to cross the barrier," he says. But he's hoping both can taste the other side. How do you tug someone toward trying something new?



"You should appeal to their adventurousness," he says. Wine drinkers in particular might not realize all that goes into beer making — just as much complexity as wine making, Laughren promises.

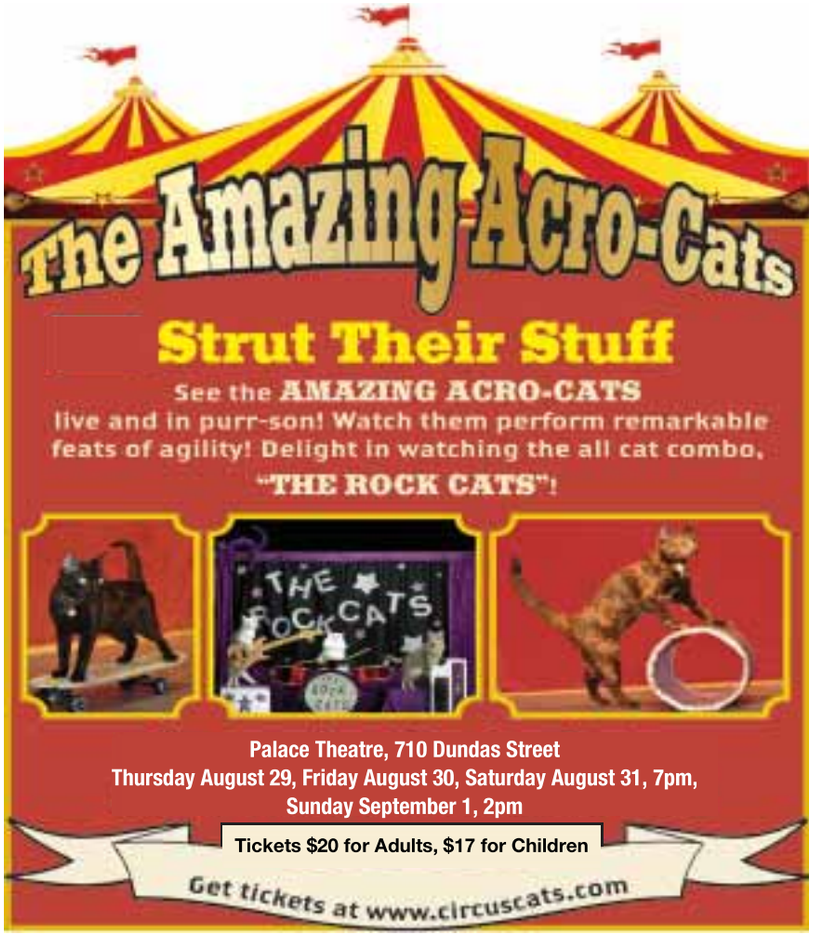
Adds Kevin Faerkin, sommelier and general manager at the Grand Central Oyster Bar in New York City, "Generally if people say, 'I don't like beer,' I would guarantee that they haven't run the gamut of all the different kinds of beer there are in the world."

Tips

- **Fine a new taste.** The rule: Assess the palate. Does someone enjoy black coffee, coffee with cream and sugar or no coffee at all? "That tells you a lot about someone's palate," Laughren says. For example, someone drawn to a lighter drink probably wants to try something light on the other side of the equation.
- **Wine suggestions for beer lovers.**
  Light lager lovers: cava, sauvignon blanc or a light red such as a Rioja crianza

  IPA or stout fans: brunello, Syrah, carmenere or a Bordeaux
- **Beer suggestions for wine lovers.**
  Red wine fans: saisons, doppelbocks and Belgian strong ales

  White wine fans: wheat beers, pilsners and brown ales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SPORTS 4

Alfie: Contract negotiations with Sens 'went nowhere'

NHL. Former Ottawa captain claims Red Wings made him consider a new future

Fans hoping to get a clearer picture of why Daniel Alfredsson left the Ottawa Senators for the Detroit Red Wings may never get the answers they're looking for, but it appears money played a major role in the decision.

Speaking to reporters in Ottawa on Thursday, Alfredsson admitted contract negotiations — or lack thereof — were a big factor in his choice to sign with the Red Wings as a free agent on July 5 rather than remain with the only NHL team he's ever played for.

The 40-year-old former Ottawa captain explained that his last contract had been structured under the assumption he would retire before the final year of the deal, which was for $1 million US.

"When I did my last contract for four years ending in the (2012-13) season, I was asked to help the team manage the salary cap by adding on an extra year to my contract. I agreed. Each side fully expected I would retire and not play the 2012-13 season," Alfredsson said during a news conference at the Royal Ottawa Mental Health Centre.

"However, after the 2012 season, I told the Sens I wanted to play another season. I also asked to look at a possible extension for this upcoming season at a fair amount to balance out the two years for both of us. They agreed.

"Sadly, the contract negotiations went nowhere, but I played out the season as I had promised and I believe this past season was, in my view, a very special one."

Despite a rash of injuries, the Senators advanced to the second round of the playoffs, where they were eliminated by the Pittsburgh Penguins in five games. THE CANADIAN PRESS

Quoted

"I wish I could take that comment back, I guess. The reality is it's two great teams."

Daniel Alfredsson on his comment about having a better chance at winning the Stanley Cup with his new team, the Detroit Red Wings

Daniel Alfredsson speaks during a press conference in Ottawa on Thursday. SEAN KILPATRICK/THE CANADIAN PRESS

Dorchester's Chris Robinson will suit up for the San Diego Padres after being called up from Triple-A Tucson on Thursday. GETTY IMAGES FILE

Local man called to The Show

At 29 years old, Chris Robinson has finally made baseball's major leagues.

The Dorchester catcher was called up Thursday by the San Diego Padres from Triple-A Tucson. It marks the first time he has made it to the majors since being drafted in the third round by the Detroit Tigers in 2005.

He has since played in the minors with the Tigers, Chicago Cubs, Texas Rangers, Baltimore Orioles and the Padres, who acquired him from the Orioles on June 20 for cash considerations.

Robinson (@Robbie_30) tweeted about his call-up late Thursday afternoon: "I got to tell Griff (his son) that his Dad was going to the big leagues today ... up there with most memorable moments."

Robinson has also played for Canada in numerous international competitions, including winning the Pan-Am Games gold medal in 2011 in Mexico and a bronze at the 2009 World Cup.

In 29 games for Tucson this year, Robinson hit .298 (28-for-94) with five doubles, 12 RBIs and 15 runs scored.

He was called up when catcher Nick Hundley was placed on the paternity-leave list. DAVE LANGFORD/METRO

NHL

76ers owner Harris finalizes deal with the Devils

The new owners of the New Jersey Devils are keeping longtime executive Lou Lamoriello in charge of hockey operations, bringing in a new business team and committing to make the three-time Stanley Cup champions an organization looked upon as a model of excellence.

Philadelphia 76ers owner Josh Harris and business partner David Blitzer on Thursday bought the Devils and the lease to the Prudential Center from Jeff Vanderbeek for $320 million.

Harris dispelled rumours of moving the 76ers to Newark. THE ASSOCIATED PRESS

NHL

Avs' Landeskog inks 7-year deal

The Colorado Avalanche and captain Gabriel Landeskog have agreed on a seven-year contract extension that will keep the young star in Denver through the 2020-21 season.

Landeskog was the second overall selection in the 2011 NHL draft and he won the 2011-12 Calder Memorial Trophy as the league's top rookie.

Gabriel Landeskog GETTY IMAGES

The left-winger has collected 31 goals and 38 assists in 118 career games. THE ASSOCIATED PRESS

NFL

"The people on the field that I idolized were actually the coaches."

Former NFL All-Pro Ricky Williams, who was introduced as the running backs coach at the University of the Incarnate Word on Thursday.

Drouin catapults to a bronze medal at track and field finals

In Canadian company.
Drouin joins two other Canucks with podium finishes at world championships

Derek Drouin wanted everyone to know his Olympic bronze medal last summer was no fluke.

He sent that message loud and clear Thursday at the world track and field championships, capturing another bronze in men's high jump and setting a Canadian record in the process.

The native of Corunna, Ont., cleared 2.38 metres to finish behind Bohdan Bondarenko of Ukraine, who won gold with a jump of 2.41. Mutaz Essa Barshim of Qatar took silver in 2.38 while reigning Olympic champion Ivan Ukhov of Russia finished fourth at 2.35.

"I wanted to prove this year that I deserved to be on the podium in London 2012, feels good to have accomplished that goal," Drouin said.

Drouin's bronze at the London Olympics was the lone Canadian medal in track and field last summer, but he has company in Moscow. Decathlete Damian Warner (bronze) and heptathlete Brianne Theisen-Eaton (silver) have also been on the podium at the world championships.

"I was joking after that I never thought I would only place third jumping 2.38 metres. I'm certainly not disappointed — it was an incredible competition," said Drouin. "I felt like 2.41 metres was attainable but it's always emotional when you set a personal best. Getting another one in the same competition was a daunting task. That height is definitely a realistic goal for me now." THE CANADIAN PRESS

Derek Drouin of Canada captured a bronze medal in the high jump at the world track and field championships in Moscow on Thursday. IAN WALTON/GETTY IMAGES

Blue Jays

Arencibia relaunches Twitter account

J.P. Arencibia is back on Twitter, sort of.

After a long hiatus — following a battle of words with some members of the media — a tweet from the account @jparencibia9 on Thursday said: "This is now the official FAN page for #BlueJays C J.P. Arencibia. Stay tuned for announcements, contests, photos & more — Posted by Team JP."

Toronto Blue Jays players control their own Twitter accounts, unlike the team's official account, which is run by the marketing department.

Arencibia last tweeted on July 23, when he said the following in a series of tweets: "It's unfortunate to see how words are twisted to make false stories. I give way too much of myself to have others try to make me out to something/someone I'm not." TORSTAR NEWS SERVICE

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Horoscopes

♈ Aries
March 21 - April 20
Are you happy with the way your life is going? If not then you must do something about it. Whether you see it as hard or easy, your life is, ultimately, nothing more than a choice. Reality will follow that choice.

♉ Taurus
April 21 - May 21
Don't waste time on things you cannot change. You have only a limited amount of time and energy at your disposal so your aims must be limited too. Focus on what you are good.

♊ Gemini
May 22 - June 21
See what happens today as a challenge rather than as a setback. Even if a friend or colleague lets you down, you should look on the bright side: It means one less person with whom to share the rewards!

♋ Cancer
June 22 - July 23
You may have to admit, if only to yourself, that a particular aim is going to stay beyond your reach, at least for now. So what? You've got plenty of others to go after.

♌ Leo
July 24 - Aug. 23
There is no such thing as luck and the sooner you realize that, the better your "luck" is likely to be. A social occasion will bring opportunities to meet new people and make important new contacts.

♍ Virgo
Aug. 24 - Sept. 23
There will be chaos today as those around you realize they have only limited time to get things done. Sit back with a smug look on your face as you are on top of your tasks.

♎ Libra
Sept. 24 - Oct. 23
The entry of Venus, your ruler, into your sign will encourage you to believe that life is good and about to get even better. Believing it will make it true.

♏ Scorpio
Oct. 24 - Nov. 22
You may lack enthusiasm today but that is not necessarily a bad thing. You have been so hard-working in recent weeks that you could probably do with a break. Take it.

♐ Sagittarius
Nov. 23 - Dec. 21
Even if you feel you have not achieved as much as you should have recently, don't let it worry you. In a matter of days you will be doing things you never dreamed you would be able to master. Have fun.

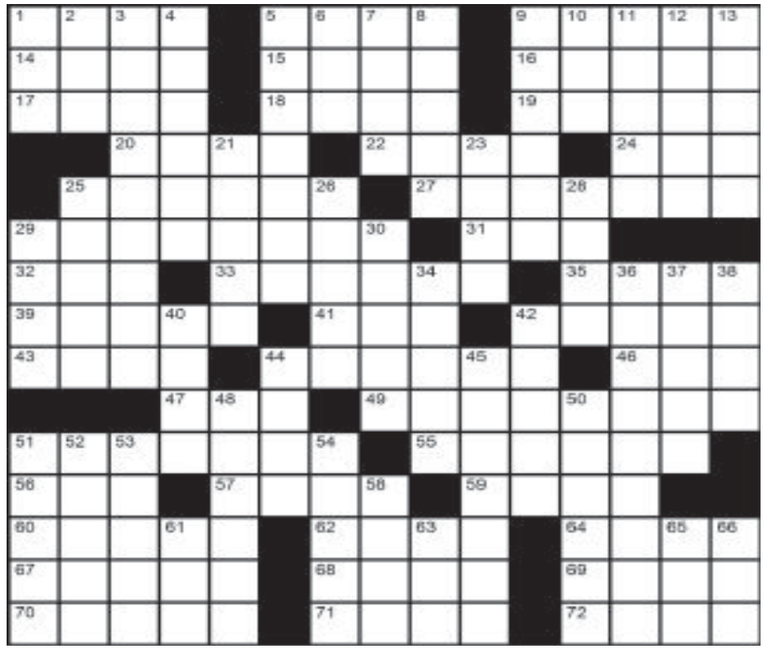
♑ Capricorn
Dec. 22 - Jan. 20
As Venus changes signs today, it's a good time to resolve outstanding disputes you may have with people in positions of power. Next time, try not to rub them the wrong way!

♒ Aquarius
Jan. 21 - Feb. 19
Someone will make you an offer you find hard to refuse but refuse it you must because the planets warn it will mean a mountain of extra work for you. The less you have to worry about the better.

♓ Pisces
Feb. 20 - March 20
You need some time to think through the changes that have taken place in your life in recent months. More importantly, you need some peace and quiet as you can't think clearly with voices coming at you from every direction. SALLY BROMPTON

Crossword: Canada Across and Down

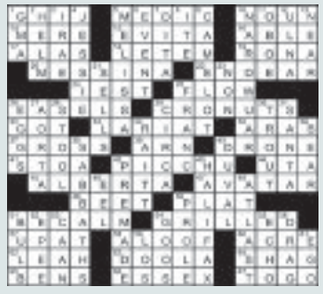
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Clothes-to-line securers
5. Not all
9. Elvis hit: "Suspicious __"
14. Painter Mr. Chagall
15. Rope creation
16. Atlantic, for example
17. Elvis flick, "Flaming __"
18. Nah opposite
19. Safari animal, commonly
20. Undergrad
22. __ Hall
24. Court concern
25. Elvis the __
27. Green Gables heroine Anne
29. "The Ed __ Show"
31. Elvis tune: "Puppet __ _ String"
32. In-flight info, for short
33. Tree types
35. Goose egg
39. French painter Claude
41. Mr. Vigoda
42. Stares
43. Car race, with 500
44. Make _ __ (Raise glasses)
46. Gladiator's 56
47. Decline
49. "__ __ of Kentucky" by Elvis
51. Ladies and gentlemen... Elvis __!!!
55. Manitoba's provincial tree, White __
56. 'Ballad' suffix
57. Baseball's Mr. Hershiser
59. Ms. Hayworth
60. Surprised, taken __
62. 'Million' suffix (Lotto winner)
64. Where to look in the song "Misty": 2 wds.
67. Make the score even again
68. Condition
69. Rip
70. Plods wearily along
71. "No prob!"
72. Old Icelandic literary work

Down
1. Stephen Harper, et al.
2. Munch lunch
3. Where 'The King' died August 16th, 1977
4. Move along the webpage
5. Go parachuting
6. Elvis hit: "__ Night"
7. Castle's bridge reason
8. Set of values
9. Gordon Lightfoot song Elvis covered: "Early __' Rain"
10. German 'I'
11. Playwright, Eugene O'What?
12. Greek Myth: Mother of Perseus
13. Quebec's provincial bird, __ Owl
21. Force from property
23. "__ the Boss?"
25. Feign: 2 wds.
26. Former Egyptian President, Anwar __
28. Used the doorbell
29. __-detached house
30. Coffee brand est. 1896 in Vancouver
34. "For __??" (Are you serious?, slang-style)
36. Distributed purposefully
37. R&B trio, Bell Biv __
38. Pet Shop Boys hit: "It's _ __"
40. Peepers
42. "Saturday Night Live" alum Cheri
44. Berliner's 'but'
45. __ Court of Canada
48. Guys, in England
50. Alter, as genes
51. Bosc and Anjou
52. Aussie actress Ms. Wilson
53. Greek Myth: Muse of love poetry
54. Poet W.B.
58. Stead
61. Something smoked, shortly
63. Learning basics, informally
65. Angry
66. Time

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5	3		4	1			
	7			5			8	3
	1				9		5	
3				2				
7		2				5		1
				6				9
	8		6				9	
4	2			7			1	
			9	1		8	7	

Yesterday's Sudoku

3	6	8	9	2	7	4	1	5
1	4	5	6	8	3	7	2	9
2	9	7	1	4	5	3	8	6
8	2	9	7	3	4	5	6	1
4	3	1	2	5	6	8	9	7
5	7	6	8	9	1	2	3	4
6	1	2	4	7	8	9	5	3
9	5	4	3	6	2	1	7	8
7	8	3	5	1	9	6	4	2

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- MICROWAVE
- FURNACE
- FULL BATHROOM, SHOWER & TUB

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SALE COMPARE ~~$20,999~~ $13,999

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- FURNACE
- SHOWER
- FRIDGE, STOVE
- MICROWAVE
- POWER AWNING
- STEREO
- QUEEN SIZE BED
- FOLD OUT SOFA
- HARDWOOD CABINETS
- FULL SIZE TIP OUT

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- FRIDGE, STOVE
- MICROWAVE
- POWER AWNING
- STEREO
- QUEEN SIZE BED
- FOLD OUT SOFA
- HARDWOOD CABINETS
- FULL SIZE TIP OUT
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- LOADED

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- TV, DVD
- STEREO
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